

Newsletter

June 2023

Slips, trips and falls

Slips, trips and falls can become more common as you get older, and can be worrying. Most falls aren't serious, but some can lead to broken bones and can really knock your confidence. If you have a fall, you should try to keep calm, and if you're not hurt then you can try to slowly get up. You can roll onto your hands and knees and look for a stable piece of furniture like a table or chair. If you're unable to get up and you're by yourself, then you should try to get someone's attention by shouting or banging on a wall, or, if you have one, using your personal alarm. Once you're up, you should try to find a blanket or something warm to make sure you don't get chilly, and to try to make yourself comfortable. If you're falling regularly, then you might want to get a personal alarm system, or make sure you have a mobile phone in your pocket at all times. To find out more information about how to deal with a slip, trip or fall, you can see the NHS website.

<https://www.nhs.uk/conditions/falls/>

Strictly No Falling

National recommendations from the Department of Health state that, as we get older, in order to get the health benefits of being active we should do the following:

- Aim to be active daily and try to do at least 2.5 hours of moderate intensity activity a week
- Do exercises to improve the strength of our muscles and bones.
- Do exercises to help improve our balance and coordination.
- Strength and balance is considered to be one of the biggest interventions in reducing the risk of falls.

All of the Strictly No Falling classes will include exercises to help you achieve these objectives. All of the staff working to deliver these sessions are well qualified and have been approved by the Falls Activity Advisors. The [attached poster](#) has more information on how to access the classes.

Signposting and care navigation



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As general practice grows and changes, we're able to offer a wider range of services. As we work in partnership with other practices, we have access to a wide range of staff in a variety of disciplines to complement the work of our practice team. Additionally, we may suggest other services with the appropriate resources to help you with your issue. As ever, we look forward to looking after you and your health in the future.

National Patient Participation Week, 31st May-6th June

National Patient Participation Week aims to focus on the groups who work with the NHS to influence how patients are treated by general practitioners and medical professionals. These groups help to give feedback to GP surgeries, and influence the way that appointments are carried out. You can get involved with National Patient Participation Week in the following ways: joining a group, filling out a medical survey, or donating to the NAPP. To find out more, please see the website here: <https://nationaltoday.com/national-patient-participation-week/>

Stillbirth and Neonatal Death Awareness, 1st-30th June

SANDS Awareness Month is all about bringing support and information to those who have experienced the death of a baby. There are ways to get involved such as volunteering, sharing your support or stories, or taking part in the 60-mile jog or 500-mile cycle challenge in June. The SANDS website offers many ways to obtain support or information. If you've been directly affected, you can use their helpline. They also provide a memorials service, such as the 'tree of love' on their website, which you can use to remember your baby. There are many support groups, articles and stories that you can read about.

Alternatively, Tommy's can offer support and someone to talk to after the loss of a baby. They have a helpline operated by midwives which is available to call between Monday and Friday.

<https://www.sands.org.uk/support-you/remembering-your-baby/tree-of-love>

<https://www.tommys.org/baby-loss-support/neonatal-death-information-support>

Volunteers' Week, 1st-7th June

Volunteers' Week is a chance to celebrate all of the people across the UK who volunteer in their spare time and give back to the community. It's usually celebrated by small grassroots organisations, and larger household-name charities. This year's theme focuses on celebration and inspiration, and encouraging people to become the change they want to see. There will be a wide variety of activities taking place across the week, both online and in person. To get involved, you can look at the Volunteers' Week website:

<https://volunteersweek.org/about-volunteers-week/what-is-volunteers-week/>

Bike Week 100, 5th-11th June



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Bike Week 100 is all about workplace cycling. The idea is to encourage people to travel to work on a bike instead of in the car. Workplaces can either set up a specific event, which can be done by organising the event through the Bike Week 100 website, or you can simply encourage your employees to cycle to work. Bike Week aims to help with wellbeing, pollution, congestion and productivity, and it focuses on the benefits that cycling can bring to everyone. To find out more, please visit the Bike Week 100 website:

<https://www.cyclinguk.org/bikeweek>

Carers Week, 5th-11th June

Carers Week focuses on the many carers who are unpaid, to raise awareness and to help recognise the challenges that carers face on a daily basis. It's also to help people who are unsure if they have caring responsibilities to reach out for support if they think they fit the caring criteria. This year, it's more important than ever to support Carers Week due to the cost-of-living crisis and the difficulty it's causing for carers. A carer is someone who looks after a family member who has a disability, a mental or physical illness, addiction, or needs help and support as they grow older. Caring without the right information and support can be tough, so it's important to know if you, or a family member, are a carer so that you can access the right support.

If you are a carer, it's really important that you inform us, as we can offer help and support. If we are aware, we can provide you with advice and information and can also refer you to local support groups, or explain what you're entitled to, such as a free flu jab. It's really important to tell us about your responsibilities; you could do this by writing a letter, phoning or just popping in.

<https://www.carersweek.org/about-carers-week/>

<https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/talking-to-your-gp/>

Tourette's Awareness, 7th June

Tourette's Awareness Day helps to raise awareness about Tourette's and brings people living with the condition closer together. Tourette's is a neurological condition that affects around 1 in 100 school-aged children. Tourette's normally consists of tics that are involuntary; these can include making sounds or involuntary movements. There are over 300,000 people in the UK living with Tourette's. On 7th June, there will be a large social media campaign to raise awareness, and supporters may change their profile pictures online to show the Tourette's awareness ribbon, or you can post with the hashtag #TSelfie.

https://www.tourettes-action.org.uk...medium=website&utm_campaign=itswhatmakesmetic

World Blood Donor Day, 14th June

World Blood Donor Day attempts to raise awareness about the need for safe blood products and to thank



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the unpaid volunteers who donate their blood to help save lives. Ensuring that there is safe blood available to use in the NHS is very important, as it helps to give patients the life-saving treatment they require. The theme this year is “Give blood, give plasma, share life, share often”, which focuses on those patients who require life-long support from blood donations, and aims to educate everyone about how they can help. World Blood Donor Day encourages people who are in good health to donate blood as often as they can, to celebrate and thank donors, and to mobilise support at all levels of government to gain support and investments.

Donating blood can be life-saving, and with a range of different blood types needed, it’s really important that as many healthy people as possible donate blood. You can help to save lives by booking an appointment, keeping existing appointments, and giving as much notice as possible if you need to cancel. Giving blood is so easy, yet it can be the difference between life and death for some people. <https://www.who.int/campaigns/world-blood-donor-day>

<https://www.blood.co.uk>

British Nutrition Foundation Healthy Eating Week, 12th-16th June

Healthy Eating Week is about supporting everyone to eat more healthily. This year is focusing on making sure that everyone has access to support and advice on how to start eating more healthily. Healthy eating can be expensive, especially in the current climate. The BNF is offering free advice to everyone who needs it about the ways in which you can affordably change your diet. You can get involved by posting on social media to raise awareness, using their social media toolkit, or tagging BNF on Twitter.

Finding a diet that’s healthy and sustainable can be difficult. With so many fad diets circulating, it can be hard to know which diets are actually good for you, and sustainable. Healthy eating is about having a balanced and varied diet, aiming to eat our ‘5 A DAY’ every day if we can. There are resources online that can help you to improve your diet. The British Nutrition Foundation has an Eatwell Guide that can help you with ideas and finding the correct balance for your life.

<https://www.nutrition.org.uk/healthy-eating-week/>

<https://www.nutrition.org.uk/healthy-sustainable-diets/>

Men’s Health Week, 12th-18th June

One man in five dies before the age of 65. The Men’s Health Forum aims to work in partnership with men to make sure this isn’t the case in the future. The forum has a range of information for men about common health conditions and how to stay healthy both physically and mentally in the long term.

This year’s Men’s Health Week is focusing on the link between men’s health and the internet. Research is being done into whether having constant access to a digital device is bad for men’s health – and understanding that with phones comes internet surfing, where you can find a lot of misinformation about



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health. To find out more, you can take a look at the Men's Health Forum website.

<https://www.menshealthforum.org.uk>

<https://www.menshealthforum.org.uk/mhw>

Diabetes Week, 12th-18th June

This year's Diabetes Week focuses on not letting diabetes define you, and celebrating everything that makes you, you! There are thousands of people across the UK suffering with both type 1 and type 2 diabetes, and it can be very difficult to live with. Constant checking of insulin levels or carb content in meals can be wearing, which is why this year focuses not on diabetes but the person you are.

Many people across the UK think that there are only two types of diabetes, but you'd be wrong. There are many more types of diabetes, such as gestational diabetes, neonatal diabetes, type 3c diabetes, steroid-induced diabetes and more. Many of these types of diabetes are not caused due to diet or lifestyle; they can be caused by many different things, such as damage to the pancreas or during pregnancy.

Living with diabetes can be hard, so it's important to find ways to manage it so it doesn't affect you quite as much. You can find advice on foods, on driving or feeling burnt-out, on complications that can be caused by diabetes, and advice to help with your emotional wellbeing. To find out more about how to manage your life with diabetes, and to get extra support, you can visit the Diabetes UK website:

<https://www.diabetes.org.uk/diabetes-week>

<https://www.diabetes.org.uk/diabetes-the-basics/types-of-diabetes>

<https://www.diabetes.org.uk/guide-to-diabetes>

National Clean Air Day, 15th June

National Clean Air Day is all about understanding the effects of pollution on our health and wellbeing every day. Pollution kills up to 36,000 people per year in the UK alone. Clean Air Day focuses on helping people to understand how they can help, by doing things like cycling instead of using a car or bus. Clean Air Day also places emphasis on improving resources, such as having more charging points for electric cars, and allowing electric scooters and bikes in cities to encourage people not to drive. It's been found that 82% of people think that air pollution is a serious issue in the UK, so it's important that we all do our bit to try to reduce the amount of air pollution in the UK. To find out more, and to get involved, you can follow this link:

<https://www.actionforcleanair.org.uk/campaigns/clean-air-day>

World Allergy Week, 18th-24th June



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This year's World Allergy Week is focusing on the idea of managing allergies in a changing environment. Every year a different topic is chosen to be the focus of the week. This week in June provides professionals, physicians and the general public with information about this topic, and encourages further research and understanding. To find out more about World Allergy Week, you can visit the website:

<https://www.worldallergy.org/resources/world-allergy/world-allergy-week-2023>

Autistic Pride Day, 18th June

The aim of Autistic Pride Day is to raise awareness about what autism actually is, and to help people who aren't on the spectrum or who don't know anybody on the spectrum to understand that autism isn't something that needs to be treated; it's just something that makes people unique and different. The day isn't run by charities; it's actually run by autistic people from around the UK, wanting to raise more awareness about themselves and their way of life. Autism isn't a disability; it's just a difference. If you want to get involved in Autistic Pride Day, there are many ways to do that. You can post on social media, change your profile picture to the rainbow infinity symbol, which is the symbol for Autistic Pride, or you can simply just educate yourself and others more. If you want to find out more, please look here:

<https://the-art-of-autism.com/autistic-pride-day-june-18-tell-us-what-you-are-proud-of/>

Motor Neurone Disease Awareness Day, 21st June

Motor neurone disease is a condition that affects the brain and the nerves. It's an uncommon condition that usually affects people in their 60s and 70s. Symptoms can include: weakness in the legs or the ankles, slurred speech, a weak grip, muscle cramps, weight loss and difficulty stopping yourself from laughing or crying in inappropriate situations. There's no cure for motor neurone disease, but there are treatments that can help to make it more manageable.

Motor Neurone Disease Awareness Day is about educating people about what living with this condition can feel like, and the struggles and challenges that sufferers face daily. You can find out how to get involved on the MNR website, which includes ideas such as fundraising.

<https://www.nhs.uk/conditions/motor-neurone-disease/>

<https://www.mndassociation.org/about-us/who-we-are-and-how-we-work/global-mnd-awareness-day>

Cervical Screening Awareness, 19th-24th June

Going for your cervical screening can be difficult. Everyone has a different experience, and at completely different stages of life. Cervical Screening Awareness Week is about sharing experiences of screening and the ways in which your screening can feel just a little bit easier. There are stories shared by many different people, getting screened for different reasons, which should help to put your mind at ease and feel better. Getting your cervical screening is very important, so having tips and tricks that can make it easier is definitely



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worth it. To find out more information or to see some of the stories that others have shared, you can visit the link below:

<https://www.jostrust.org.uk/get-involved/campaign/cervical-screening-awareness-week>

If you, or someone you care for, find some health information difficult to read and you'd like to know more about what to expect from a cervical screening, why you need one, or what the benefits of cervical screening are, there's an easy-read leaflet to help:

https://assets.publishing.service.g...CSP05_an_easy_guide_to_cervical_screening.pdf

Learning Disability Week, 19th-25th June

Learning Disability Week is all about busting the myths surrounding living with a learning disability. This year is focusing on some of the incredible things that people with a learning difficulty have done, showing that there's no 'can't do' when it comes to learning disabilities. This year, Mencap is asking for stories that show what you have been able to achieve. This year's theme will really focus on busting myths and proving people wrong.

If you have a disability that isn't visible, you might sometimes struggle with feeling misunderstood, or you may feel like people are being impatient with you. To help with this, you can get a JAM card, which you can have on a lanyard, keep in your pocket, or even have on an app on your phone. A JAM card is a 'just a minute card' to tell people in a discreet and private way that you just need some extra time and understanding. To find out how to get a JAM card, have a look at the link below:

<https://www.mencap.org.uk/LDWeek>

<https://www.jamcard.org/>

Armed Forces Day, 24th June

Armed Forces Day is used as a specific day to say thank you to our British military forces. There are many ways to get involved, such as saluting our forces and sending a video into Instagram or Facebook, signing up to the newsletter, attending an event or organising an event yourself. There are so many ways to show your support! To find out more, please see the website below:

<https://www.armedforcesday.org.uk/get-involved/>

World Continence Week, 19th-23rd June

This year, World Continence Week will focus on the difficulties people living with continence problems face, and the problems that aren't widely discussed. This is a global event that will raise awareness for everyone all over the world, with stories and experiences being shared by many people who are living with continence



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issues. You can find out more on the WIFPP website, which has a toolkit and more information.

There are many different causes of incontinence, and some cases of incontinence can be caused by multiple factors. Some symptoms of incontinence can include urine leaking out when you cough or laugh, frequent leaking not seeming to happen due to anything in particular, or the constant passing of urine due to an inability to hold it in your bladder. All of these symptoms are a reason to get in touch with your GP and make an appointment, to get your symptoms checked.

<https://wfipp.org/event/upcoming-events-activities-wfipp/>

<https://www.nhs.uk/conditions/urinary-incontinence/>

Children's Hospice Week, 20th-26th June

Children's Hospice Week celebrates children's hospice and palliative care services across the UK, and the seriously ill children and young people they support. You can help by joining in with fundraising events, such as 'showing off your pedal power' or taking part in the 99,000 steps challenge. You can also help by sharing stories, reading stories and raising awareness in any way you can. Children's Hospice Week is trying to drive change on a national level, and everything you can do to support will help. To find out more, please see here:

<https://www.togetherforshortlives.org/initiatives-and-appeals/childrens-hospice-week/>

Family planning options

Knowing your contraceptive options and what will work best for you, your body and your lifestyle is really important. Contraceptives can be something that are difficult to understand, and it can be hard to know whether the contraceptives you're using are right for you. There are many different contraceptive options, such as: the combined pill, condoms, the implant, the injection, hormonal and non-hormonal coils, progesterone-only pills and more. These options all offer different types of contraception, from hormones to barrier methods. Making sure you're using contraceptives correctly and effectively is also really important, as nothing is ever 100% effective. To find out more about your options and what might be right for you, you can make an appointment with your GP or go to your local sexual health clinic, and they will be able to advise you on what steps to take.

<https://www.nhs.uk/conditions/contraception/>

Teen pregnancy

Finding out you're pregnant when you're a teenager can be scary, especially if it wasn't planned. The first step is to make sure you've done a pregnancy test. If the test is positive, you may be confused about how you feel or what to do next. You might be worried about telling your parents. It's important that you speak to a trusted adult before making any decisions, as they might be able to offer you advice and help you feel



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better. If you're unsure about telling someone you know, then you can get in contact with your GP practice, your local sexual health clinic, or NHS 111. All of these services will have somebody knowledgeable and non-judgemental to answer any questions you may have. To find out more about what you can do and where you can find help, please see the link below:

<https://www.nhs.uk/pregnancy/support/teenage-pregnancy/>

Eye health in older adults

As you get older, it's important to have regular eye checks, to make sure your eye health is still okay. Vision problems can lead to serious issues, such as car accidents or the incorrect use of medication. Many eye diseases can be treated successfully if they're found early on. You should make sure you're having an eye test every two years, and if you struggle to get out and about, then you can ask your GP or optician if there's a local home-visiting option for you. Everyone over the age of 60 is eligible for a free eye test every two years, so you should make the most of these.

Other ways to keep your eyes healthy include wearing sunglasses, eating healthily, stopping smoking, and trying not to look at a screen all day. All of these precautions can help to keep your eyes in the best health possible. To find answers to your questions, you can visit the website below:

<https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/eye-health/>